



Kingsport City School System Trend Report CSH Overview Summary

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Kingsport City School System.

CSH Infrastructure Established

An infrastructure for CSH has been developed for the Kingsport City School System that includes:

- School Health Advisory Committee
- Eleven Healthy School Teams
- School Health Policies strengthened or approved include new wellness plan approved in March 2011, mental health policy strengthened, and the nutrition policy strengthened
- Total amount of grant funding and in-kind services/materials secured by or in part by CSH (*KCS employed a full-time grant writer who wrote or assisted CSH in writing health related grants*) to expand school health capacity for our LEA totals \$1,684,973.

Community partnerships have been formed to address school health issues. Current partners include:

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| ➤ UT Extension | ➤ Greater Kingsport Family YMCA |
| ➤ TNCEP Office | ➤ Great Body Company |
| ➤ Big Brother/Big Sister | ➤ Anytime Fitness |
| ➤ Frontier Health | ➤ Gold Star |
| ➤ Kingsport Area Chamber of Commerce | ➤ Curves for Women |
| ➤ Sullivan County Health Department | ➤ Weight Watchers |
| ➤ TennderCare | ➤ Tri-Cities Lifestyle Center |
| ➤ Americhoice | ➤ Wellmont Health Systems |
| ➤ Blue Cross Blue Shield Of Tennessee | ➤ Project Diabetes |
| ➤ Kingsport Chapter of the American Red Cross | ➤ Holston Medical Group |
| ➤ Nicotine Free Mountain Empire | ➤ Mountain States Health Alliance |
| ➤ Ollie the Otter Seatbelt Safety Program | ➤ Kingsport Senior Center |
| ➤ Kingsport Parks & Recreation | ➤ Kingsport Master Gardener's Club |
| | ➤ Food City |
| | ➤ GOTRYBE |
| | ➤ Neil Danahey Foundation |
| | ➤ Girls, Inc. |
| | ➤ Boys & Girls Club of Greater Kingsport |
| | ➤ American Heart Association |

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| ➤ American Cancer Society | ➤ Eastman Chemical Company |
| ➤ Kingsport Family Resource Center | ➤ Head Start Program |
| ➤ Kingsport Office of Homeless Education | ➤ Short Mountain Silica Company |
| ➤ Kingsport Housing and Redevelopment Authority | ➤ Kingsport Police Department |
| ➤ East Tennessee State University | ➤ Kingsport Fire Department |
| ➤ King College | ➤ Performance Medicine |
| ➤ TK's Big Dogs | ➤ Johnson City Schools |
| | ➤ Evergreen Showplace |
| | ➤ Dr. Oglesby Optomitry |
| | ➤ Wal-Mart |
| | ➤ Kingsport Allergy Associates |

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities. These activities include Learning on the Lawn event, Winter Wellness Celebrations, elementary Walk-a-thon, Roosevelt Road Runners Road Race, Making Healthy Changes in Schools: What Parents Can Do, healthy cooking techniques, Parenting with Love and Logic, community garden projects, Title One Night, Community Wellness Night, Healthy Heart Days, PACK Week, YMCA Healthy Kids Day, Summer Wellness Institute, and health screening assistants. Currently, approximately 1,000 parents are collaborating with CSH;

Students have been engaged in CSH activities. These activities include CSH partnering with Kingsport Senior Center and Kingsport Master Gardner's Club to build a raised bed vegetable garden at an elementary school in September and then at another elementary school in May. Students were involved in every step of the process including planting the crops. Along the way, students learned about the nutritional benefits of growing your own food and eating fresh fruits and vegetables. Students will learn additional health and nutrition information when they cook and eat their produce. Students were in charge of reading Wellness Wake Up calls during the morning announcements this school year. There were also student members on various Healthy School Teams. A student was chosen to be a member of the Recipes for Healthier Kids recipe contest team. This student was involved in giving feedback on the recipe development as well as taste testing and voting on whether or not to serve the recipe in the cafeteria. All 3rd-5th grade students at this school were asked to taste test the recipe and provide their opinions as well. At the two middle schools, students volunteered first semester for a heart monitor and exercise test program. Students signed up voluntarily to participate in morning exercise programs and after school fitness programs. Students participated in food drives to benefit Homeless Education and Family Resource Center programs. All elementary students participated in PACK Week by choosing a variety of fun activities relating to nutrition including dressing up in a certain color every day of the week and packing foods for lunch that were a certain designated color. Approximately 3,000 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Kingsport City School System, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – 10,740 health screenings took place in schools which resulted in 1,418 referrals being made to health care providers;

Students have been seen by a school nurse and returned to class – 64,640 student visits to school nurses in school clinics. Of those visits, 62,050 resulted in a return to class. The return to class rate for the Kingsport City School System this year was 96%!

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. In 2009, approximately 40% of students screened were classified as overweight or obese. In 2011, that number fell to 37%. One elementary school saw a 12% reduction in overweight and obesity rates at their school;

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include health education curriculum materials, physical education equipment, walking trail instillation, and updated playground materials and fitness equipment;

Professional development has been provided counselors, physical education teachers, and nurses. Examples include TAHPERD attendance for physical education teachers, Brain Based Learning workshop for all teachers, Kingsport Summer Wellness Institute, mental health training, school health assessment training, effective stress management training, diabetes education, asthma education, healthy cooking and shopping workshops, nutrition and healthy eating workshops, and health education curriculum training;

School faculty and staff have received support for their own well-being through enhanced partnerships with community organizations, discounts to community fitness clubs, on-site immunizations (flu shots), physical activity challenges and Initiatives, health and nutrition newsletters, and on-site exercise classes.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – additional teacher training on health education curriculum, various health education materials have been provided to all teachers, enhanced partnerships with community organizations who teach components of health education in schools, supplying school nurses with health education materials, the building of several school garden projects, implementation of daily health education messages read to every student at every school, greater amount of health education for parents and families, numerous health related events held in schools every year, and grants applied for and received addressing health education initiatives;

- Physical Education/Physical Activity Interventions – before school exercise programs implemented at three schools, heart monitors used in middle school wellness classes, physical activity resource training for teachers, professional development for physical education/wellness teachers including a large Wellness Institute designed specifically for physical education teachers held right here in Kingsport each summer, updated physical education/wellness equipment purchased, full compliance with 90 minute physical activity/physical education mandate , Brain Based Learning training for classroom teachers, development of several after school fitness clubs in elementary schools, greater opportunities for staff to participate in physical activity, physical activity equipment donated to elementary students, and Safe Routes to Schools funding (three rounds of funding received!);
- Nutrition Interventions – guidelines for healthier snacks in elementary schools, wellness plan passed that contains several nutrition components, development of Fruit and Veggie of the Month program in elementary schools, development of Fill Your Plate program for middle and high schools, Healthier Schools Foods Recipe Challenge resulting in new menu item, healthy cooking classes for parents, Fresh Fruit and Veggies grants, materials supplied to school staff for teaching nutrition education, school garden projects, vending machines turned off in all schools during school hours, nutrition tips and education for staff members, parent education materials placed at every school regarding proper child nutrition, partnerships developed with community organizations to provide nutrition education activities, and PACK Week event in elementary schools;
- Mental Health/Behavioral Health Interventions – elementary school counseling grant received, SAP counselors on site in all middle and high schools, system-wide social worker for all elementary schools, two behavioral health counselors serving elementary schools, training provided for guidance counselors, mental health training provided for staff members, and school anti-bullying programs and policies strengthened.

In such a short time, CSH in the Kingsport City School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement.

For more information concerning Coordinated School Health (CSH), please contact the Coordinator.

Misty Keller
423-378-2147